



### Winter Roll Practice

Indoor pool roll sessions begin the first Monday in January and run through the last Monday in March, with the exception of the MLK holiday. Plan to take advantage of this great service provided by your club. Whether you want to learn to roll, practice your roll to stay sharp, teach a fellow paddler to roll, or work on other techniques such as wet exits, hand rolls, deep water re-entries, etc., the indoor heated pool is THE best place to hone these skills in the middle of the winter. For details, see the announcement inside.



### Next GCA Meeting

### Spring Membership Meeting and March Board of Directors Meeting

The 4th quarter Board meeting and Holiday Party combo was such a huge success that we decided to repeat this for our Spring Membership meeting. The date will be Sunday, March 21. The location will be at the Johnson's home in Marietta again. The Board meeting will begin at 4:00 and membership meeting at 6:00. We'll have ham and turkey and soft drinks. GCA members please bring a covered dish. Guests and prospects for membership are welcome!

Directions: Take I-75 North from I-285. Go to the third exit (South Marietta Parkway), exit to the right (east). Go to the second traffic light and turn right (Lower Roswell Road). Go to the next traffic light and turn left (Old Sewell). Go to the next traffic light and turn left (Holt Road). Take next left into Weatherstone Subdivision (Willow Glenn Drive). Go through two stop signs. After the second stop sign count three streets. Turn left on Clear Spring Court. It's # 340, two-thirds of the way up on the right.

Please RSVP to gwminc@mindspring.com or 770.971.1542 and let Gina know what you're planning on bringing — veggies always needed, desserts always eaten!

Thank you, and see you there!!

### GCA Spring Extravaganza

Mark your calendars! The 2004 GCA Spring Extravaganza is scheduled for Friday, Saturday and Sunday, May 14-16. The Extravaganza is a weekend of paddling and camping, featuring a catered dinner on Friday evening, club sponsored trips on Saturday & Sunday, and the fine company of many, many GCA members.

The event will be headquartered at Nelson's Nantahala Hideaway, nestled in the heart of the Nantahala Forest in Topton, NC. Watch for more information and registration forms in upcoming issues of *The Eddy Line*.

### What's Inside...

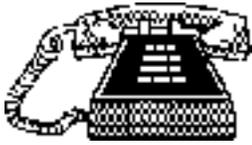
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The 2004 GCA Instruction Schedule and Sign-up Sheet is available in this issue of *The Eddy Line*. See the flyer inside the back cover for details.

A mile on a river takes you farther away than a hundred miles on a road.



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## Who Ya Gonna Call?

The following list is provided for your convenience:

**For general information about the club** - Call the club telephone

number, 770.421.9729, and leave a message. Someone will get back to you.

**To volunteer to help with club activities** - Call President Gina Johnson at 770.971.1542 or contact the committee chairperson for your area of interest.

**For information on payment of dues or membership status** - Call Treasurer Ed Schultz at 404.266.3734.

**To sign up for a club trip** - Call the trip coordinator at the number listed on the activity list.

**To sign up to lead a club trip** - Call Cruise Master Steve Reach at 770.760.7357.

**For change of address or for *Eddy Line* subscription**

**information** - Call Ed Schultz at 404.266.3734.

**If you didn't receive your *Eddy Line*** - Call Ed Schultz at 404.266.3734.

**For information on GCA clinics** - Call the clinic coordinator listed on the clinic schedule, or call Training Director Jim Albert at 770.414.1521.

**For information on winter roll practice** - Call Revel Freeman at 404.261.8572.

**For information on placing want ads in *The Eddy Line*** - Call Newsletter Editor Allen Hedden at 770.426.4318, or see "To place an ad" in the Want Ad section of *The Eddy Line*.

**For information on commercial ads** - Call Newsletter Editor Allen Hedden at 770.426.4318.

**For information on videos and books available from the GCA Library** - Call GCA Librarian Denise Colquitt at 770.854.6636.



## Board of Directors Meetings

The Georgia Canoeing Association Board of Directors meetings are held quarterly during the last month of the quarter (March, June, September, December). The time, date and location is announced in *The Eddy Line*. All members are encouraged to attend. If you have an item for discussion, please call GCA President Gina Johnson at 770.971.1542 so she can add your item to the agenda. Attending Board meetings is a great way to become more involved with the GCA. Your participation would be much appreciated.



### GCA Executive Committee

President .....	Gina Johnson
Vice President .....	Dick Hurd
Secretary .....	Tom Bishop
Treasurer .....	Ed Schultz
Member Services Chair .....	Gabriella Schlidt
Recreation Chair .....	Gretchen Mallins
Resource Development Chair .....	Cameron Pach
River Protection Chair .....	Don Kinser
Training Chair .....	Jim Albert

## Submitting *Eddy Line* Material

Deadline for material to be submitted for publication in the next *Eddy Line* is the fifth of the month, i.e., for the January issue, material should be submitted no later than December fifth. The editor must receive all articles, trip reports and want ads by the deadline or they MAY NOT be published in the next issue. To submit material via EMAIL, send to [gacanoec@mindspring.com](mailto:gacanoec@mindspring.com). The text of an article can be placed in the body of a message, and photo images can be attached to the message as attached files. To submit material via COMPUTER DISK submit articles or trip reports on a 3-1/2 inch IBM/DOS formatted disk as an ASCII text file labeled with a ".txt" file extension, or as a text file on a 3-1/2 inch high density MacIntosh formatted disk, and include a printed copy (Disks returned only if requested). To submit material via U.S. MAIL, send to: **Allen Hedden, 2923 Piedmont Drive, Marietta, GA 30066**. All classified ads will be run for two months unless otherwise requested. Hand-written or phoned in material CANNOT be accepted. Contact Newsletter Editor **Allen Hedden at 770.426.4318** for questions. Thanks for your cooperation.



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## UPCOMING ACTIVITIES

### February

1	Nantahala	Class 2-3 Intermediate	Mike Winchester	770.319.8969
7	Exploratory Wild Card	Class 2-3-4?	Roger Nott	770-546-6923
8	Upper Chattahoochee	Class 2-3 Intermediate	Tom Bishop	770.977.8971
14-16	Presidents' Weekend (FL) (Note 1)	Smooth Water	Gina Johnson	770.971.1542
22	Chattooga Section 3-1/2	Class 3-4 Advanced	Jodi Kaufman	706.759.3857
23	Etowah Tunnel Section	Class 1-2 Trained Beginner	Vincent Payne	770.834.8263
28	Nantahala	Class 2-3 Intermediate	Mike Winchester	770.319.8969
29	Nantahala	Class 2-3 Intermediate	Mike Winchester	770.319.8969

### March

6	Nantahala	Class 2-3 Intermediate	Mike Winchester	770.319.8969
7	Nantahala	Class 2-3 Intermediate	Mike Winchester	770.319.8969
21	Board of Directors Meeting — Johnson Residence — Marietta, GA		Gina Johnson	770.971.1542
21	Spring Membership Meeting & Dinner — Johnson Residence — Marietta, GA		Gina Johnson	770.971.1542

Note 1: Ocala National Forest "Spring Runs".

## **Your Trip Could Be Listed in This Space — Call the Cruise Master and Sign Up Now!!**

I WOULD LIKE TO ADD A SPECIAL NOTE OF THANKS TO WILLIAM GATLING FOR HIS ASSISTANCE WITH THE CRUISE MASTER JOB! MANY THANKS ALSO TO THOSE WHO HAVE SIGNED UP TO COORDINATE TRIPS! A note to all members: My tenure as Cruise Master ended December 31. I would like to give my thanks to everyone who has coordinated a trip in the last 2 years. This said, the club needs volunteers to help with the Cruise Master position in 2004, the more volunteers, the easier it is for everyone. Even if you can only help for a few months you will be appreciated.

- Mike Winchester.

## **New GCA Cruise Master**

Steve Reach has stepped forward to become the new Cruise Master for GCA. This is arguably one of the toughest jobs GCA has to offer. The trip list comes around regularly every month, and we all like to see a robust list. A huge vote of thanks goes out to Steve for accepting this post.

Please help Steve out by signing up to coordinate at least one or two GCA trips a year. His job will be made a LOT easier if YOU call HIM to sign up for a trip. If you don't, he or one of his staff will most likely call you. To sign up to coordinate trips, call Steve at 770.760.7357. We need trip coordinators for all types of trips, from flat water to class 5 white water, day trips and overnights. Our excellent trip schedule depends on the efforts of volunteers, so get involved and sign up to coordinate a trip on your favorite river, lake or estuary today! The GCA needs YOU!

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**Signing Up:** Call the trip coordinator listed to sign up for trips. Most trip coordinators will move a trip to an alternate venue if the water levels and conditions for a particular trip are not favorable. Call early in the week to ensure you get a spot on the trip, and in consideration for the coordinators, PLEASE avoid calling late in the evening.

**Training Trips** are a combination of recreation and training designed to attract those boaters who have completed a formal training clinic and would like some on-the-river time with instructors practicing what was learned in the clinic and expanding skill levels.

**To Volunteer To Lead Trips:** Call the Cruise Master, Steve Reach at 770.760.7357. As usual, we need trip coordinators for all types of trips, from flat water to class 5 white water. Our excellent trip schedule depends on the efforts of volunteers, so get involved and sign up to coordinate a trip on your favorite river today! The GCA needs YOU!

**Chattooga Trips** are limited to 12 boats on ANY section on ANY trip, club trip or private (USFS regulation). Your cooperation in protecting this National Wild and Scenic River is appreciated.

**Roll Practice:** Monday evenings from 7:00-9:00 PM January thru March at the Warren / Holifield Boys' & Girls' Club pool. See announcement in this issue of *The Eddy Line*.

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## GCA Library Items

The GCA Library has many videotapes and books available to any GCA member. All you have to do is call GCA Librarian Denise Colquitt at 770.854.6636 to find out what is available. The cost is \$3.00 per tape or book for postage and handling.

Any / all donations or loans to the library are welcome. (Please, no bootleg video copies.) Send them to:

Denise Colquitt  
3794 Glenloch Road  
Franklin, GA 30217

The following items are currently available:

### Videos:

Canoes by Whitesell  
Cold, Wet & Alive  
Expedition Earth  
Faultline (Will Reeves)  
First Descents (North Fork Payette)  
Grace Under Pressure (learning the kayak roll)  
I Said Left, Stupid: A Video Guide to the Chattooga River (Sect. 2 & 3)  
In the Surf  
Introduction to Canoeing  
Mohawk Canoes (promotional w/detailed boat outfitting instructions)  
Mohawk Whitewater Canoes (promotional w/detailed outfitting instructions)  
Only Nolan (Promotional, Canoe Technique)  
Path of the Paddle: Quiet Water  
Path of the Paddle: White Water  
Performance Sea Kayaking (the basics & beyond)  
Play Daze  
Retendo

Solo Playboating!  
The C-1 Challenge  
The Middle Fork of the Salmon River (Idaho) — by Photographic Expeditions  
Trailside: White Water Canoeing the Chattooga River  
Vortex -- low cost storm water sampler  
Waterwalker (Bill Mason)  
Whitewater Self Defense

### Books:

A Canoeing and Kayaking Guide to the Streams of Florida  
A Canoeing & Kayaking Guide to the Streams of Kentucky  
A Canoeing and Kayaking Guide to the Streams of Ohio, Vols I & II  
A Canoeing & Kayaking Guide to the Streams of Tennessee-Vol I & II  
A Hiking Guide to the Trails of Florida  
A Paddler's Guide to the Obed Emory Watershed  
ACA Canoeing & Kayaking Instructors Guide  
Alabama Canoe Rides  
AMC White Water Handbook  
American Red Cross Canoeing & Kayaking  
Arkansas information (assorted)  
Basic River Canoeing  
Brown's Guide to Georgia  
Buyer's Guide 1993 (Canoe Magazine)  
Buyer's Guide 1994 (Paddler Magazine)  
Buyer's Guide 1996 (Paddler Magazine)  
California Whitewater - A Guide to the Rivers  
Canoe Racing (Marathon & Down River)  
Canoeing Wild Rivers  
Carolina Whitewater (Western Carolina)  
Endangered Rivers & the Conservation Movement  
Florida information (assorted)

Georgia Mountains  
Godforsaken Sea: Racing the World's Most Dangerous Waters  
Happy Isles of Oceana: Paddling the Pacific Homelands: Kayaking the Inside Passage  
Idaho Whitewater  
Indiana Canoeing Guide  
Kentucky Wild Rivers  
Missouri Ozark Waterways  
Northern Georgia Canoe Guide  
Ohio County Maps & Recreational Guide  
Paddle America (Guide to trips & outfitters)  
Paddle to the Amazon - The World's Longest Canoe Trip  
Paddling SC-Palmetto State River Trails  
Path of the Paddle  
People Protecting Rivers  
Pole, Paddle & Portage  
River Rescue  
River Safety Anthology  
River's End (Stories)  
Sea Kayaking Canada's West Coast  
Song of the Paddle  
Southeastern Whitewater  
Southern Georgia Canoeing  
The Georgia Conservancy Guide to the North  
The Lower Canyons of the Rio Grande  
The Mighty Mulberry-A Canoeing Guide  
They Shoot Canoes, Don't they?  
White Water Tales of Terror  
WhiteWaterTrips (British Columbia & Washington)  
Wildwater (Sierra Club Guide)  
WildwaterWestVirginia  
Youghiogeny-Appalachian River  
**Maps:**  
The Big South Fork

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## Announcements

### GCA Email List

The GCA email list has at this printing about 300 subscribers. Here's how the list works:

By sending an email to "gcalist@yahoogroups.com" you automatically reach all subscribers to the list with the message. Only those subscribed to the list can send email to the list.

To subscribe to the list, send an email to "gcalist-subscribe@yahoogroups.com". You will receive a verification that you are subscribed and a welcome message with instructions on how to unsubscribe and various other commands available through the service. Be sure to save this information for future reference.

All GCA announcements and forwarded email from other sources concerning new river access issues, late



breaking news items of interest to the paddling community, etc., will be sent out via the GCA email list at gcalist@yahoogroups.com. If you want to receive any of this information, please subscribe to the list using the above instructions. Also, don't be shy about using the list to send out or to request information about paddling related topics, rivers you're interested in, etc.

By the way, should you change or lose your email ID, please take a minute to "unsubscribe" your old ID and/or to "subscribe" your new one. ✂

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### GCA Web Page

Check it out at <http://www.georgiacanoe.org>. We are continually adding information and links of value to paddlers. Send your ideas for updates to Web Master Allen Siquefield by using the e-mail link for WebGuy at the site. Membership applications, GCA waivers and other forms for use by members are posted on the site. ✂

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## Mail Failure Notices

Each month the *Electronic Eddy Line* receives numerous mail failure notices against members' email IDs. If your email address comes back with a mail failure notice, you will be deleted from the recipient list for the *Electronic Eddy Line* until we get a request to be added back with a current email address.

Also, if we get a number of mail failure notices against an email ID on the GCA Email List, that ID is automatically unsubscribed by the listserve software. It is the subscriber's responsibility to maintain the subscription with the current email ID. Your cooperation is appreciated — it makes less work for our all volunteer staff. ✂

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## Support Our GCA Supporters

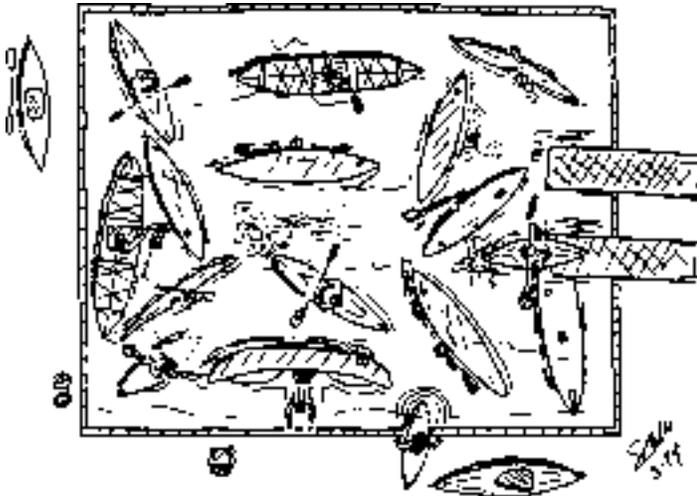
The GCA web site now features a GCA Supporters web page with links to the companies that support GCA financially by advertising with us. Help out those who help us out — patronize our financial supporters!!

Thanks! ✂

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## Winter Roll Practice

Joint GCA / AWC winter roll practice is back! Indoor pool roll sessions will be held Mondays from 7:00 to 9:00 PM beginning the first Monday in January and running through the last Monday in March, with the exception of the MLK holiday. Plan to take advantage of this great



service provided by your club. Whether you want to learn to roll, practice your roll to stay sharp, teach a fellow paddler to roll, or work on other techniques such as wet exits, hand rolls, deep water re-entries, etc., the indoor

## Canoe Outfitting & Repair

Featuring Voyageur™ Products

Custom outfitting of your open canoe or C-1  
Saddles, thigh straps, air bags, knee pads, skid plates  
and more

ABS repair for worn, cracked or broken hulls

## Canoe Instruction

Beginner, Intermediate and Advanced levels

Call Allen Hedden 770.426.4318

Email canoeist@mindspring.com

heated pool is THE best place to hone these skills in the middle of the winter.

LOCATION: We will be returning to the Warren / Holifield Boys' & Girls' Club. The club is located at the corner of Berne and Marion Streets near Grant Park. To get there, exit I-20 at the Boulevard / Grant Park / Cyclorama exit southbound. Go about 1/2 mile to the traffic light at Berne Street — turn left. Go about another 1/2 mile and you'll see a large brick building on the left at the corner of Berne & Marion Streets. Turn left. You are at the Warren Club building. The pool entrance is in the rear. Enter through the gate on the far end of the building to unload boats.

Once again the ACA carries our insurance for this event, and non-ACA members will be required to sign up for an ACA event membership at an additional cost of \$5.00 for the entire event (January thru March). This is in addition to the \$5.00 per session paid to defray pool rental expense. ACA members, have your ACA number available or pay for an event membership.

Revel Freeman is our Roll Practice Coordinator. If you have questions about roll practice, or would like to volunteer to help, either with instruction or with keeping track of money and waivers, call Revel at 404.261.8572.

BE SURE YOUR BOAT IS CLEAN. A hose is available at the door to rinse out river mud, old bird's nests or cobwebs. ✂

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## Get The Eddy Line Via Email

*The Eddy Line* is available via email as a .pdf (portable document format) file. This format allows subscribers to view formatted text, graphics, page layout — virtually the entire *Eddy Line* — just as it appears in printed form. Plus you can see it at least a couple of weeks before the printed copy arrives via snail mail. You can also print out a paper copy of the .pdf file and it looks just like the snail mail copy (except most of the photos are in living

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color).

The .pdf version requires only Adobe Acrobat Reader (or some equivalent) software in order to view it. Acrobat Reader is usually present on most PCs running Windows operating systems, or can be downloaded for free from the Adobe web site at <http://www.adobe.com>.

To subscribe to the email version of *The Eddy Line*, send a request via snail mail to:

GCA  
c/o Ed Schultz, Treasurer  
3060 Pharr Court North #315  
Atlanta, GA 30305

Or you can email your request to Ed Schultz at [heloeddy@mindspring.com](mailto:heloeddy@mindspring.com).

Or on your annual renewal form, just check the block for the *Electronic Eddy Line* and INCLUDE YOUR EMAIL ADDRESS so we can send *The Eddy Line* to you electronically. You can also opt out of the paper version to save the trees, as well as printing and mailing expense. ✂

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## Canoe-Camping Ocmulgee-Altamaha March

Head south in March for a canoe-camping trip for two nights on the Ocmulgee and Altamaha Rivers. Presently the plan is to put on the Ocmulgee Friday and stop for a night on a sand bar. Saturday paddle to a second campsite on the Altamaha. We will take out Sunday.

The entire trip is about 21 miles. Averaging 7 miles per day, we would like to paddle half or about ten on Saturday and closer to five on Friday and Sunday. It gets dark around six in March so we plan to be off the river by four each day.

Do you want to come along? I hope so. I don't want to go alone. Can you take off on Friday? Sure you can. Work will still be there when you get back. Will it be cold? Likely. Will it rain? Possibly. Will I go anyway? Oh yeah.

These are nice wide rivers with a good flow suitable for most styles of canoes and kayaks in which you can pack a couple of days gear. We will try to time things so that we pass a riverside restaurant around noon on Sunday.

What to bring? This question is trickier. Canoe camping requires that you pack lighter than when camping from your vehicle but you can bring more gear than when you are backpacking. My boat of choice is a 17'4" Old Town Discovery, mostly because I own one. It is capable of hauling over a thousand pounds of paddlers and gear. Keep in mind that every pound of gear that you load into your boat you will feel each time you pull on the paddle. I would never consider taking that much gear.

This is a tandem boat so my brother and I carry two

people's gear. In the boat we limit ourselves to one container each of personal gear, including tent, sleeping bag, extra clothes. We allow for one box or bag of group gear per person that includes kitchen supplies and food.

For a rough menu, think cold lunch, hot dinner, and leisurely breakfast. This helps to minimize gear and supplies. How many stoves, axes or lanterns do we really need? Except for the first aid kit, there is nothing I hate more than carrying something that I did not use.

Boat — One that your gear will fit into.

Tent — Smaller is better. Rain resistant. Share if possible.

Sleeping bag — Mid temperature bag designed for above freezing but supplemented with a blanket and a sleeping pad. (layering) MUST STAY DRY!!!

Food — Cold lunches = sandwiches, canned meat, crackers, fruit, tuna, day-old happy meals... Hot dinners = grilled meat, cooked veggies, chili, ranch style beans...

Clothes — Best advice apart from layering: 1) Change into dry clothes every night. 2) No matter how sunny it is, no matter what Karen Minton says, always bring rain gear. 3) Bring extra socks and shoes.

Cookware — Minimal

Possible extras — Camera, fish pole, chair, water filter...

To sign up, call Vincent Payne 770.834.8263 (H). Call early p.m. ✂

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## Upcoming Events of Interest

February 7 — Locust Fork Invitational Canoe & Kayak Races — Cleveland, AL, Tim Rogers, 205.274.0006.

February 21-22 — NRC Glacier Breaker Slalom — Nantahala River, Wesser, NC, Howard Chambers, 828.488.2175 Ext. 108, [rhino@main.nc.us](mailto:rhino@main.nc.us).

February 28 — National Paddling Film Festival — Kentucky Theater, Lexington, KY, Dave Margavage, 502.867.0468, email: [OverFlowXL@aol.com](mailto:OverFlowXL@aol.com).

March 6-7 — Mulberry Fork Canoe & Kayak Races — Garden City, AL, Kim Harrold, 205.988.9880.

March 20 — Locust Fork Classic Canoe & Kayak Races — Cleveland, AL, Tim Rogers, 205.274.0006.

April 3 — NOC Spring Splash — Nantahala River, Wesser, NC, 800.232.7238 Ext. 600.

May 1-2 — Southeastern US Championship Slalom & Wild Water Races — Nantahala River, NC.

May 14-16 — GCA Spring Extravaganza — Nelson's Nantahala Hideaway, Topton, NC.

May 15 — Fontana Flat Water Dash — Fontana Lake, NC, 800.232.7238.

October 29-31 — NOC Guest Appreciation Festival — Nantahala River, Wesser, NC, 800.232.7238. ✂

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## March Board of Directors Meeting

The 1st quarter GCA Board of Directors meeting will be held in conjunction with the March Membership Meeting at the home of Haynes & Gina Johnson on March 21. The Board meeting will begin at 4:00, followed by the Membership Meeting and Covered Dish Dinner at 6:00. If you have items for the agenda, please contact President Gina Johnson at 770.971.1542, email gwminc@mindspring.com, to add your items to the meeting agenda for discussion.

Directions: Take I-75 North from I-285. Go to the third exit (South Marietta Parkway) Exit to the right (east). Go to the second traffic light and turn right (Lower Roswell Road). Go to the next traffic light and turn left (Old Sewell). Go to the next traffic light and turn left (Holt Road). Take next left into Weatherstone Subdivision (Willow Glenn Drive). Go through two stop signs. After the second stop sign count three streets. Turn left on Clear Spring Court. It's # 340, two-thirds of the way up on the right.

Attending Board meetings is a great way to get more involved with the club, and to give back a little of what the GCA has given the paddling community.

See you there!!



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## National Paddling Film Festival

The National Paddling Film Festival is an appreciation of human powered water sport. This annual event and gathering in Lexington, Kentucky, is a judged competition of amateur and professional paddle sport image artists submitting entries of film, video and digital images.

For 21 years the NPPF has existed to bring together paddling enthusiasts from across the country and the world to share their talents and paddling experiences plus help generate fun and funds



for waterway conservation. In 2003, the NPPF featured 25 amateur, accomplished and professional entries and included paddling footage of the rivers and seas from virtually every corner of the world. Exciting action and awesome scenery combine with genius, satire, silliness, insight, instruction, humor, tragedy, drama and passion. The National Paddling Film Festival is a visual paddle sport feast and celebration that should not be missed.

The historic Kentucky Theater in downtown Lexington, KY, is the third home for the NPPF in 21 years and has proven to be its most spectacular. This huge theater has roomy and plush seating for 800, plus one of the largest screens in the region. The Kentucky Theater houses state of the art film, video and image projection plus a full service snack bar serving a variety of foods and beverages, including a large selection of domestic and imported beers. The theater is located at 214 E. Main Street in downtown Lexington, KY.

Visit the NPPF Gear Auction and help raise more money for river conservation. The huge auction features incredible deals on items donated by our generous sponsors. Bid on boats plus the latest in paddling gear, trips, videos and apparel.

After taking in the NPPF competition and show on Saturday, get yourself ready to attend the 2004 NPPF Awards Party. Come ready to party and find out who won the NPPF competition! Free refreshments will complement the excitement and dancing to the original organic funk, reggae, rock, dub, jazz sounds of Club Dub.

For more information, contact NPPF Coordinator:

Dave Margavage,

120 Jolomic Ln,

Georgetown, KY 40324

Phone: 502.867.0468

email: OverFlowXL@aol.com.



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## From the Prez

### GCA Holiday Party — Huge Success!!

by Gina Johnson

The annual GCA Holiday Party held at Haynes and Gina Johnson's house was great fun. The 4th quarter '03 Board of Directors meeting was held in conjunction with the party. The Board meeting began at 3:00 and the party began at 5:00. Both were very well attended.

The food was great, with turkey, ham, lots of veggies and too many desserts. We had some faces in attendance we haven't seen in a while: Steve Thomas; Andy Warshaw and Carol Mercer; and Barbara and Rick Rogers. Many thanks to all who brought food and helped clean up!

For those of you who weren't able to attend, the same format will be followed for the Spring Meeting and the 1st quarter '04 Board meeting. Check out the announcement in this issue of *The Eddy Line*. See you there!



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"When a man's best friend is his dog, that dog has a problem."  
- Edward Abbey

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## Writing Opportunity for Female Paddlers

*Waterways Her Way: An Anthology of Women's Paddling Adventures, Raincoast Publishing, Spring 2005, Edited by Laurel Archer*

Waterways Her Way (working title) will be a literary anthology of creative non-fiction stories and personal essays about women finding adventure in paddling North America's rivers, lakes and oceans. Discovery is the general theme: the discoveries women make about themselves, their relationships, Nature, or the meaning of adventure.

Possible specific themes include: artistic inspiration, women-only trips, solo expeditions, mixing romantic love and paddling, spirituality, mentorship, leadership, teamwork, white water thrills, competing in paddle sports, changes afoot in the paddling world, etc.

All in all, the collection will reflect the diversity of reasons women take up paddling, why they enjoy paddling, who they enjoy paddling with and why, and some of their best and/or worst experiences on the water. The multiplicity of emotions paddling watercraft evokes is often key to learning about one's self and the nature of traveling on water. Fear, passion, joy, frustration, peace, may all be part of the mix in any given experience. Stories about serene weekends canoeing on a southern lake, competing in white water slalom, sprint or rowing events, tripping in a traditional dugout canoe through coastal waters, paddling on a breast cancer dragon boat team, teaching paddle sports or guiding trips on Arctic rivers or the Pacific or Atlantic oceans are all welcome.

Journeying by kayak, raft, rowing shell or canoe, in the wilderness or through the urban sprawl, women paddlers' backgrounds also vary dramatically, and this will also be a theme in the collection. The editor invites women of all ages and walks of life to submit stories and essays about their unique paddling experiences.

### Guidelines:

Submitting a work does not guarantee its publication. Approximately thirty submissions will be chosen for inclusion in Waterways Her Way, and the pieces will be selected based on literary merit and how well the pieces fit the themes of the collection. Both unpublished and previously published pieces are welcome. If submitting previously published material, please indicate on the cover page all pertinent publishing details and publisher contact information. The editor will undertake obtaining permission to reprint the piece should it be chosen for inclusion in Waterways.

The length of the stories or personal essays should

run between 1500 and 2500 words, though pieces that are slightly shorter or longer will be considered if they have merit. Type, double space and paginate your work.

Submissions may be sent via post or email (see address below). If you are mailing your submission by post, please include two hard copies along with a cover letter that lists your all your contact information, including an email address where you can be reached, a short bio, and a word count of the submission. If you are submitting a previously published piece, please also provide the publisher's contact information.

For submissions via email, send only one copy of your piece with the first page being a cover sheet with author/publisher contact information, the short bio, and word count. Only MS Word (.doc), text (.txt) or rich text formats (.rtf) will be accepted, and the subject line must read "Waterways submission" or the attachments will not be opened.

The deadline for submissions is March 15th, 2004. Manuscripts must be postmarked by this date and a SASE enclosed for a response or return of manuscript. Payment will be \$100.00 (Cdn.) and a copy of the anthology. The authors of selected pieces will be contacted by April 30th, 2004.

### About the Editor:

I am the author of Northern Saskatchewan Canoe Trips: A Guide to 15 Wilderness Rivers (Boston Mills, 2003), and my stories and articles have been published in such periodicals and anthologies as Chatelaine, Explore, Paddler, and Kanawa and Paddle Quest: Canada's Best Canoe Routes and its sequel, More of Canada's Best Canoe Routes.

I've paddled all sorts of watercrafts on waterways all over the world, including the Stikine and Nahanni rivers in Canada, Idaho's Salmon River and the Colorado through the Grand Canyon; and further afield, rivers in Costa Rica, Malaysia, Thailand, India and Myanmar. Most of my sea kayaking excursions have been along the coasts of Vancouver Island and the Queen Charlotte Islands.

When I'm not writing and adventuring, I teach lake and white water canoeing, and sea and white water kayaking for Strathcona Park Lodge's internationally known Canadian Outdoor Leadership Training (COLT) program, and race with a competitive women's outrigger canoeing team.

### Send submissions to:

Laurel Archer  
364 Morland Road  
Comox, B.C. CANADA V9M 3W2  
or laurel.archer@telus.net

For questions call 250.890.0989.



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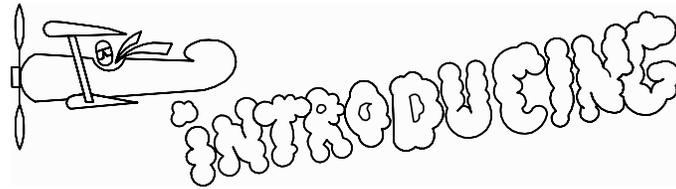


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## Welcome New Members — Directory Additions

The following is a list of all members who have joined the club since the last update. We will try to include this information on an on-going basis so you can add new members to your Directory. New members are the life blood and the future of the club. Thank you for joining us!!

Armbruster, Michael & Moni  
130 Laurel Forrest Circle  
Atlanta GA 30342  
H: 404-886-2785  
O: 404-869-9893  
Email: smallbrester@wmconnelt.com

Cowgill, Karen  
779 Monroe Drive NE #2  
Atlanta GA 30308  
H: 404-888-9261  
O: 404-639-4724  
Email: kcowgill@jhsph.edu  
Email: kcowgill@cdc.gov

Crowell, Arlene &  
Schnerb, Joseph  
108 Morgan Street  
Talladega AL 35160

H: 256-362-9854  
O: 205-981-1905  
O: 256-362-4872  
Email: aoklady@hotmail.com  
Email: jschnerb@mindspring.com

Dobbs, J. Brooks  
1225 Pine Ridge Road  
Atlanta GA 30324  
H: 404-869-6252  
O: 404-936-6252  
Email: brooks@dobbsweb.com  
Email: bdobbs@dobleclick.net

Fitzgerald, Charles  
5212 Willow Creek Walk  
Woodstock GA 30188  
H: 770-516-5102  
O: 770-516-9408

O: 404-867-2132

Frazier, Bill  
Georgia's Streams Fishtraps  
3160 Flamingo Drive  
Decatur GA 30033  
H: 404-292-9255  
Email: fishtrap@bellsouth.net

Rainey, Richard & Laura  
5497 East Point Drive  
Marietta GA 30068  
H: 770-649-8047  
Email: laurarainey@att.net

Ritterskamp, James  
141 Clifford Court  
Canton GA 30115  
H: 678-493-0552

## Shocking News about Cold Water Paddling

As the weather cools and we start dreaming of tropical vacations for this winter, there is still lots of great paddling up north. With summer crowds gone we have the opportunity to enjoy our time on the water in a more quiet and intimate manner. In addition to great delights, fall and winter paddling also provides greater dangers, particularly for those unprepared for up close and personal contact with chilling waters.

Cold water and its effects are involved in virtually all kayaking and recreational boating deaths. For example, between 1985 and 1995, of the 182 deaths in the waters of the Pacific Northwest, only 2 occurred above 70 degrees, with 133 involving water between 40 - 60 degrees. This



article will review some information which helps explain what makes cold water exposure so potentially risky, review some strategies to minimize that risk, and raise a few hairs with some stories of tragic, and mostly preventable, cold water deaths.

### Some stories and some statistics

- An 18 year old canoeist capsized into 50 degree lake water and sank to the bottom before a rescuer towing the canoe could rescue him. He was wearing jeans, a shirt and no PFD.

- Nine elite marines, water survival instructors, capsized in 36 degree water wearing sweat suits and no PFDs. None of them survived the attempted 100 yard swim to shore.

- Sixteen (16) Danish fishermen jumped into the icy waters of the North Sea when their trawler sank in a storm. They were in the water for 2 - 3 hours before being rescued. They walked across the deck of the rescue vessel and went down into the galley to warm up. Each and every

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one collapsed and died in the galley.

- An average adult person has a 50/50 chance of surviving a 50 yard swim in 50 degree F. water.

- A 50 year old person in 50 degree F. water has a 50/50 chance of surviving for 50 minutes

#### **What does it all mean?**

Cold water can kill in three ways. The canoeist probably suffered cold shock resulting in ineffective breathing, rapid onset of panic, confusion, and ineffective swimming, struggling briefly at the surface and then sinking. The marines may have managed the initial cold shock, but the cold water rendered their extremities neuromuscularly dysfunctional within several minutes, causing death by drowning. The fishermen were a more classic case of severe hypothermia, with body chemistry dysfunction causing cardiovascular collapse and death.

The vast majority of kayaking deaths in cold water occur well before body core temperature has fallen to the point of being dangerous. Even an unclothed person in 34 degree water will maintain core temperature for at least 20-30 minutes, so in this I article will concentrate on understanding and preventing cold shock and drowning.

#### **Cold shock**

Cold shock occurs when rapid cooling of the skin triggers a cluster of heart and breathing responses. The cardiac responses include an increase in heart rate of 40-50%, and an increase in cardiac output of 60-100%, which combined with vasoconstriction of the extremities results in an average blood pressure increase to 175/93.

Although a substantial strain on the heart, these changes are not likely to be a problem for a healthy, fit person, but may be dangerous for those with underlying heart disease or hypertension (there have been cases of apparently near instant cardiac arrest on cold water immersion).

The respiratory effects of cold shock have been estimated to account for a third of cold water deaths, including many extremely fit and healthy people. Review of reports of kayaking deaths by Charles Sutherland and others suggests to me that a much higher percentage of paddle craft deaths are caused by cold shock. This has not been a favored topic of medical research, but study of work done by Dr. Michael Tipton and others makes it easy to understand the high level of risk that cold waters bring to the unprepared in our sport (details below).

#### **!!Gasp!!**

Sudden immersion in cold water results in an involuntary (that means you can not stop it, and yes, that means all of us) gasp, followed by 1-3 minutes of involuntary (yes, that still means all of us) hyperventilation. Specific data are: 2.0 liter gasp in 82 degree water and 3.0 liter gasp in

50 degree water (i.e. nearly your entire lung volume), and in 50 degree water a 600-1,000 percent increase in ventilation (air in and out) in the first minute.

This hyperventilation results in a profound lowering of blood carbon dioxide levels and raising of blood pH levels, which causes a large risk of ventricular fibrillation ("cardiac arrest"), muscular tetany (cramps), and cerebral vasoconstriction, which starves the brain of oxygen, causing disorientation and confusion.

These effects, coupled with changes in lung mechanics caused by the pressure of water on the abdomen and chest result in subjective feelings of inability to breathe and panic typically lasting 1-3 minutes. Most importantly for survival of a capsized kayaker is a sharp reduction of maximal breath holding, for example — in one study from a mean of 45 seconds pre-immersion to a mean of 9.5 seconds on immersion in 41 degree water, with one subject averaging less than one second breath holding upon immersion.

It is easy to see how these effects of gasp, hyperventilation, and impaired breath holding would result in prompt catastrophe upon a fall into choppy water or a capsized.

#### **How cold is cold water?**

Not, apparently, all that cold. The maximal hyperventilation response is reached at 50 degrees, and near maximal gasp was reached at 52 degrees. These are summertime water temperatures in some of the Northeast, and in most of it by November. This information is not meant to scare people away from cold water paddling, but certainly to caution them. Wonderful experiences may be had paddling in these conditions, but if we wish not to become Coast Guard statistics we must understand the risks and take measures to protect ourselves.

#### **First, buy some protection**

No, not that protection, this is about Safe Paddling, not Safe S\*x, but wearing the right stuff can still make a big difference. That means a wet suit or dry suit. Protecting the front of the torso and back of the chest will have the most profound effect on moderating the respiratory responses, while protecting the extremities has the greatest benefit in moderating the cardiac responses.

Most of these responses are worsened by head immersion, which also markedly hastens the progression of hypothermia (if you manage to survive the cold shock), so head protection is important. Since both cold shock and later hypothermia inhibit effective swimming, wearing a PFD is essential to keeping the head out of water and prolonging survival.

#### **Does practice make perfect?**

A definite maybe. It does appear that repetitive

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immersions in cold water will allow the body to adapt and moderate the cold shock response. After 6-8 immersions (daily, each time long enough for core temperature to drop > 2 degrees), the cardiac responses are substantially reduced.

The breathing problems unfortunately are much less responsive to such efforts at training. A more important type of practice is to actually try out your cold water clothing in a variety of conditions.

The studies referenced in this article seem to show a fairly consistent set of responses across a range of water temperatures from 0 degrees to as high as 60 degrees. There is individual variation though, and gear that works for your paddling partner may not be adequate for you. Most people find it very revealing to try floating in 30, 40, or even 50 degree water.

### **Make mine dry, very dry**

In the wet suit/dry suit debate, I readily admit that I am a dry suit chauvinist, finding a dry suit much more comfortable. For the prevention of cold shock a well fitting wet suit will be more than adequate, provided it is truly well fitting and substantially slows the contact of cold water with your torso. If loosely fitting, with overgenerous neck and arm openings there may still be a sufficient gush of frigid water to trigger these cold shock responses.

Even with a well fitted wet suit, many find that first cold water flush unpleasant, and for long term survival in cold water a dry suit with appropriate insulation can be 2-3 times more effective in staving off hypothermia. The newer lycra/fleece wet suits can however be a very comfortable, moderate cost, no-excuse-for-not-wearing-it form of protection if you are confident that your paddling does not put you at risk of prolonged immersion.

### **What about hypothermia?**

There are many excellent resources on prevention, recognition, and management of hypothermia. Some internet resources are listed below so just a few points. Recognize and manage hypothermia early — thought processes become quickly impaired and can rapidly lead to decision making which turns an unpleasant situation into a dangerous one.

In a non-immersion situation, the greatest heat loss is through the head and neck, insulation for these areas is most important. In maintaining extremity function good head protection has been shown to be more useful than better gloves or socks.

Get out of the water! Water will cool 20-30 times faster than air. Movement in the water, such as swimming, will make this even worse. Severe hypothermia is a medical crisis. The victim must be handled gently and knowledgeably. "No previously healthy person should die

of hypothermia after he has been rescued and treatment has been started." (Cameron C. Bangs, M.D.).

- *From the Grand Canyon Private Boaters Association email list.* ✂

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## **River Hazards**

### **From Doug Ackerman on the GCA email list:**

A 25' long log has parked on river right at Mister Twister on the Cartecay. It sticks out far enough to completely block our normal line through this rapid. The downstream end of the log ends directly over the hole: it's not high enough to sneak under and trying to paddle around the end of the log will put you in the hole.

Today there was enough water to sneak far right with only a duck-under log to contend with. If the river drops below 2', there isn't enough water to float over the rocks on the far right side.

Hopefully this log may wash away if the river rises enough. It's not broached in front of the rocks, just lying on them. We didn't have the safety of numbers today or we would have tried to pull it out of the way.

### **Another post from Doug Ackerman:**

I reported the log blocking the normal line through Mister Twister on the Cartecay, but I forgot to mention the refrigerator in the middle of the river at the top of the rock garden. It's not as dangerous as the log because:

1. It's parked on a large rock in the middle of the river and there's lots of room to go around it.
2. It's easy to spot because it's white and it's as big as a refrigerator.
3. Whoever put it in the river was thoughtful enough to remove the doors so kayakers can't shut themselves inside it and suffocate.

Seriously, if the river rises, it may move downstream and end up somewhere where we don't expect it. Be careful. ✂



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## Instruction / Training

### **2004 GCA Instruction Schedule Is Out**

by Jim Albert

See the flyer in back of this month's *Eddy Line* for the 2004 GCA instruction schedule. Classes are an excellent way for new paddlers to develop skills for safe boating and for more experienced paddlers to improve their technique.

There are four course categories for kayaks: recreational, sea kayaks, youth white water, and white water (with three levels). There are two course categories for canoes; flat/moving water and white water (with three

levels). There also will be a basic white water safety class. **CPR Classes**

Looking for something to do some cold winter day when it's too darn colddddd to paddle? How about spending just 1/2 day learning a simple skill that just might save someone's life? There are several American Red Cross CPR classes coming up at several locations around Atlanta. Check out [www.redcrossatlanta.org](http://www.redcrossatlanta.org) or give them a call at 770.475.7111 for dates and locations.

Many of you have taken CPR before but need to take it again to renew your certification. Also some of you may have access to CPR classes through work.

However you take CPR, safety and first aid courses, remember that you take them not for yourself, but for those you boat with, and others take them for YOU! 

### **Paddling the Mississippi from the Headwaters to the Gulf**

**Part 1 — The Mississippi Headwaters to Grand Rapids, Michigan**

by Carly Reiter

*This is the first installment of a 6 part series about a solo canoe trip down the entire Mississippi River (Carly adopted a cat along the way, but the cat didn't paddle, so I guess it was still a solo trip). The article consists of email messages Carly sent from various libraries, lap tops and internet cafes along the way on her "way kewl" adventure. WARNING: May contain subject matter and language that some may find offensive. Enjoy....*

My first job out of college was as a bird nest finder on the Ojibwe Indian Reservation in Northern Minnesota. Our crew lived in a pea green trailer at a dumpy campground just outside the "town" of Bena, MN, population 27 (not counting us hippy university folk). Anyway, I bring this up because I got the chance to go back to Bena a few days ago as a stopover on my canoe trip down the Mississippi River.

Everything looked the same except that the General Store had burnt down, leaving the town with only three buildings — a post office, gas station/convenience store, and The Big Winnie, and actually living in Bena I remember being repeatedly warned not to go into The Big Winnie (named after the Lake Winnibigoshish that the town sat on). Not only was it an Indian bar, but it was a bad Indian bar with a reputation for drunken fights and fires — think General Store.

So there I was, 6 years later, dirty, tired and a few

brain cells short after having paddled 30 miles around the monster Lake Winnie. The last thing I wanted to do was eat mac and cheese through a cloud of mosquitoes. So I did it. I got brave and walked through the dented black door to find some food. And just like they all said, it was dark and smoky and there were lots of Indians at the bar, but they were all so enthralled with the Lifetime Channel movie that they didn't pay me much attention. The bartender said, yes, they had food — meatloaf was her mom's special on Sundays.

The cool thing was that not only did I eat that bartender's leftover meatloaf dinner but I also got a conversation going with a few of the guys (after the rapist/murderer movie had ended, of course). I wanted to know how the wild rice was harvested, since I knew the season had just started and had already pushed my way through too much of the stuff. They seemed to really enjoy telling me how it all worked. One guy in particular got really animated as he told me about tipping his canoe over last year with over a hundred dollars worth of rice in it (a good ricer can make \$600 a day harvesting the stuff).

Anyway, I am not telling y'all this story to say how much I regret never having gone in The Big Winnie earlier (it was really gross). All I'm trying to say, in my winded travelogue style, is that it's great to be

traveling again. Being on the road seems to bring out a different, more open part of my personality that I really get a kick out of. The way I see it, travelling gets me out of the ruts of everyday normalcy and makes me flounder wildly out on the edge.

My new adventure as Huck Finn's modern-day twin

**Paddling through the muck was impossible, walking in it would've been life-threatening, and screaming for help was absolutely useless....**

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sister is 12 days old now. So far I've only made it 160 river miles out of the 2,552 it's going to take for me to see the ocean, although if you count all of the wrong turns and detours it's going to be more like 3,000!

The first 68 mile stretch from the headwaters at Lake Itasca to the statue of Paul Bunyan and Babe the Blue Ox in Bemidji were definitively the most challenging yet. There were beaver dams and log jams, rapids which were lots of fun and those blocked by fallen logs that were not at all fun, floating bogs, dead-end oxbows and, of course, mosquitoes, ticks, and lots and lots of blood-sucking leaches.

Sounds fun, doesn't it? Actually, it was very enjoyable, except for one day. And I have to tell you about that day so you don't think I'm just an unemployed slacker on a 6-month float trip.

The map warned that the channel through the 10-mile wide floating bog would be hard to find so I made sure to get on the water by 6 that morning. But by 6:30 I was already completely and utterly lost and disoriented. There wasn't a channel to be found — the water just seemed to disappear underneath a mat of floating cattails and wild rice. Once in a while I'd find a trickle of water a couple of inches wide so I'd follow it, assuming that at least the water was going somewhere and that somewhere was surely better than the nowhere I was stranded in.

Paddling through the muck was impossible, walking in it would've been life-threatening, and screaming for help was absolutely useless, considering no sane person would purposely be out in that crap.

The only thing that seemed to work was to get down, way low in the boat on my knees, grab a mess of cattail in each hand, and pull. For 10 miles. And to make it even more miserable, the leaves were covered in tons of fluorescent green, tick-like bugs that dropped off onto me and my stuff as I forced my way through their bug condos. I can still feel those things crawling in my hair and up my nose. It gives me the shivers.

After finding my way into a navigable channel after 6 hours, I vowed to make it to the showers at the state park, still 15 miles away. And, of course, those miles couldn't be easy. There was this one section right before Bemidji that looked as if Paul Bunyan, himself, has come through with

his giant ax and knocked every tree he could into the river. It went like this: climb up onto the log, drag canoe over, slip, climb back up onto the log and into the canoe, pick leaches off body, and repeat the whole process 2 minutes later.

By the time I finally reached the state park, still on the other side of the 5 mile-long Lake Bemidji, I was beat like I hope I never am again. I must've looked pretty pathetic because the ranger offered to drive me up to the nearby country club for a hot meal.

Talk about surreal! There I was, swamp muck-covered, stank, and with little green bugs still finding their way across my forehead, eating from the same salad bar as men in sport coats and little old ladies in those silly beige sandals that they all seem to wear. That's another memory that I'll never forget.

The librarian is signaling that my time is up so I'll finish up quick.

Despite the physical hardships of the last couple of weeks, I've been having a blast — completely in my element. It's amazing just how many people have offered a cup of coffee, a free place to camp, a shower, fresh-baked cookies, or simply asking if there was anything they could do to help. You would think I was on some impossible trek to the other side of the universe! It's very motivating.

Another cool thing is how many people seem to really want to follow along. Whether it's being added to this email list or simply asking me to send them a post card from New Orleans, it's like everyone wants to join in and see what happens.

So many people have mentioned how great it is that I'm doing what I'm doing. Not necessarily canoeing down the Mississippi River (most think I'm a bit nutty), but doing what I want to with my life, rather than just dreaming about the day when they can. I agree.

Until Minneapolis, still weeks away,

- Carly

P.S. To follow along you might want to go to AAA and get the Central Provinces map, since it shows the entire river and lots of the towns that I'll be mentioning.

- From "The Cruiser" — newsletter of the Canoe Cruisers Association of Washington, DC. 

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## How I Spent My New Year's Vacation!

The South Fork American at 72,000 CFS  
by John Volkman

New years day, 1998. Some of my pals have an annual first of the year river trip that they call the Macky

Memorial. They start out at Chili Bar and raft down to the top of the Triple Threat Rapid and have a drink in his honor. Shawn called me a couple of days earlier and we agreed to join the group. After suffering through the morning with a Pisco Sour (a Chilean Margarita) hang-over, we arrived late at Dick's house, the previously agreed upon meeting point.

Mari and Glen hopped in my truck and we went to

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take a look at Troublemaker Rapid, just upstream from the town of Coloma. The river was impressive but runnable. It was flowing a bit less than when we rafted it back in 1986, although there was a large amount of debris and logs floating by. We also noticed, as we drove back through Coloma, that the river had risen about 2 or 3 feet since we passed this way about an hour earlier.

With such a late start, it was decided to put in on river right several miles below Coloma to run the 12 mile section down to Salmon Falls Bridge. The trip included 2 paddle boats, Ann, a fifteen year professional guide, guiding one and Mike, a fifth year pro guide also, guiding the other. The paddlers consisted of many second year river guides a couple of veterans and a couple of unseasoned guests.

Shawn and I switched off rowing my 16' Sotar raft with 2 other veteran river guides, Glen and Mari. The fourth paddler in my boat was my brother-in-law, Steve, who has joined me on several trips in the recent past. Rumor said that the flow was about 15,000 to 20,000 CFS. About the same spring run-off levels we have rafted during the past 2 seasons.

Although the river was swift, the rapids were pretty flat, since the high water covered them with about 10 to 15 feet of water. When we reached the first rapid at the entrance of the Gorge, both Ann and Mike flipped at Fowler's Rock Rapid when they failed to get far enough right of the huge hole that forms at that water level.

In a team effort Steve and I hopped on one of the upside down boats, flipped it over, and paddled downstream picking up the swimmers and paddles. Shawn doing the same, pulled over to river right to drop off several of the paddlers to make room for more.

On a funny note, Ann, trying to lighten the boat, was trying to get folks out onto shore. Not wanting to waste any time she turned to the lady with no river experience and yelled "GET OUT OF THE BOAT." When the lady didn't show any sign of moving quickly, Ann, a firefighter and used to controlling a scene, grabbed the lady and chucked her out of the boat in about 2 feet deep water and immediately said in a pleasant voice, "Thank you." They then immediately rowed back out and continued to rescue the balance of the swimmers.

After retrieving all of the swimmers and eddying out on river right, Mike hiked up the river bank to retrieve the people that Shawn had dropped off. There wasn't much of a trail to hike on, just rocks and brush. When he finally did reach them the river had risen even higher, submerging the original trail. Now it was going to take them about an hour to hike back downstream.

After that flip and a long swim, I felt the inexperienced folks shouldn't continue, so I hiked out to the road

and got the shuttle vehicle back to pick them and the boat up.

An hour later I returned with Sue; the truck; and Dick, a 20 year veteran of the American river. Dick told me the river was flowing at about 50,000 CFS, and looking straight out at Satan's Cesspool Rapid, he said the river was flowing about 40 feet higher than normal flows. Now we were witnessing appliances, out houses, dredges, picnic tables, signs and entire trees floating by.

The truck left and I hiked down stream to where the others were waiting for me to continue downstream. Glen and Steve were the only ones holding the boats while the others were downstream scouting rapids. By the time all of the group returned it was nearing 3:30 pm and we were anxious to get going before the river rose anymore. Glen, who was holding the boat, told me that a 16' tree growing on the bank had entirely disappeared in front of him in the past one hour.

They also told me about a boat-eating hole just around the next corner, but it could be avoided by pulling to the inside and going right of it. While they were scouting, a large floating gold dredge that had pulled loose from its mooring ran through the hole and got completely trashed. A few minutes later 2 large propane bottles the size of small cars floated by.

Most of the remaining paddlers decided then that they were not willing to continue and said that they were hiking out. It was just a shame that we had let the shuttle vehicle leave before the decision was made. Instead of having them hike out carrying the boat, I thought the additional weight of their boat, rolled up and tied into ours would help our chances of making it thorough a marginally runnable hole.

It took about another twenty minutes to get the boat rolled up and tied in just in front of the rowing frame. Glen opted not to continue with us and there was a bit of discussion about who would get to go. Mike and Ann both wanted to go but Since Mari had started in the boat she had first option.

The final order was Shawn rowing with 11 years of guiding experience; myself with similar experience paddling in the front left; Mike with 5 years guiding experience paddling in the right front; Mari with 10 years guiding experience paddling behind me; and Steve, who's been on several river trips with me.

I figure it was running above 60,000 CFS by now. My thought was the river seemed to flatten out as it continued to rise. We knew about the hole around the corner and how to avoid it and figured that we would see anything down river and read and run as we went.

Shawn and I talked about one last reality check then

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announced that anyone that stepped foot in the boat was on their own from then on. With one last high five we pushed off into the river.

The current was strong and we moved slowly across the channel, narrowly missing the huge hole at the next bend. In catching the edge of the hole Shawn let out a holler as though he were enjoying the run. I felt differently. I was intent on completely cheating the entire run. "Stay right and out of the main channel best you can," I told Shawn.

"That's not always possible since it pushes you out from the strong diagonals," replied Shawn.

We approached the drop and next set of waves after Mari shouted, "Lets scout from here before we run." This would have turned out to be the right decision. As we crested the drop we realized that even though we were right of center there was a strong diagonal to the right of a large drop with a boat flipping hole at the bottom.

"Forward paddle!" shouted Shawn as we attempted to break through the diagonal wave. Our boat hit the wave with little force, causing us to bounce back into the current and spin without the momentum that we needed to drive us to river right around the huge tale waves.

Shawn was shouting commands but the boat was being drawn downstream into a large breaking wave. Where I sat in the right front was the first place to hit the wave, and like a potato chip in the wind, I was thrown back upstream, taking Mike out and going underwater.

I surfaced with hopes that we were just knocked out of the boat and not flipped. But my first sight was the bottom of my boat with people bobbing around it. At first I was upstream of the boat with my attention focused on breathing between the breaking waves. Next thing I remember I was 50 yards downstream from the boat with one helmeted rafter standing atop the upside-down boat. He was helping another climb up on top.

I figured that anyone that quick had to be the 2 most experienced men, Shawn and Mike. My first instinct was to get to the boat and I started swimming. I knew I needed to be there but could see I was moving downstream faster.

Next I saw Mari. I motioned to her and yelled for her to swim my way. I was still holding my paddle and instinctively grabbed another paddle that was floating by. I outstretched the paddles to Mari and pulled her in closer.

Realizing we were still floating away from the boat, I told Mari that we've got to get the hell out of the river. She had saucer eyes and was clearly jolted as I've seen swimmers a hundred times before. As we floated through he next wave train I became more aware how difficult it was to get good breaths with all the turbulence happening around us.

I was extremely careful with every breath I took even waiting longer than I wanted to catch my next breath. The last thing I wanted was to catch a wave in the mouth and lose any of my ability to self rescue that I knew would be essential.

Understanding that our only chance for self rescue was to keep getting good breaths, I looked Mari in the eyes and told her, "Be sure of your breaths. Relax if you can, but be sure you don't catch a wave in the mouth." She seemed to be listening to my voice, but the look on her face expressed that she was very scared.

I kept talking to her when I could, asking her if she was cold and if she was OK. I kept telling her to be sure of her breaths. I wanted her to be as ever aware as I was as to our only chance for survival.

We stayed close for what seemed like a couple of more sets of rapids that contained sets of huge breaking waves. Still holding the other end of the paddle we looked at each other, and she had water spouting out of both nostrils. That's when I was convinced that it was going to get more difficult for her. She had taken in water.

"Lets swim for the bank," I yelled as we both swam arm over arm for the side. It was futile and we were sucked back into the current and into another set of waves.

The next set of waves and I felt Mari's hand on my shoulder and my head went under water unexpectedly. She was struggling for air and I was the buoy. At that point I knew if I were held under again I might not get that all important next breath, so I released the paddle and kept a short distance from her.

We continued to float close, but next I noticed she was on a chunk of wood and floating pretty well. I found a chunk and did the same. It gave a bit of confidence, but we were still flushing downstream at a rapid rate. There seemed to be a long stretch of flatter water so I yelled to Mari, "Let's swim for the bank again."

She heard me and we both released our logs and started over handing for the left bank. Within seconds I felt the strong draw of the current pulling us into the next set of large rapids. Swimming was futile. We couldn't escape the magnetic draw of the current even though we were both swimming strong. Same program. Timing every wave, hoping and praying that I wouldn't make that fatal flaw of catching a wave in the mouth causing me to cough and breathe uncontrollably, which would make me inhale more water.

After making it through that next set of rapids I lost sight of Mari. All I could think of now was saving myself and how my wife would feel if I ended up in a black body bag or in the coroners black Suburban. Over and over again, all I could think about was how hurt Sue is going to

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be just from me doing something as unnecessary as this.

Self inflicted. So unnecessary. I put myself there. How could I do this to her. I remembered how distraught she was over losing each of our pet labs. How would she take this? It just isn't fair. I must survive.

I started looking for an eddy to swim to and, to my amazement and disbelief, I was feeling some slack water and realized I was only 10 feet from a solid eddy. Hand over hand like we were trained in swift water rescue, I swam for the eddy, every stroke using all my senses to determine if I were catching it. Yes! I'm in the eddy but I'm not letting up until I'm solidly on the river bank.

Feeling the strong upstream current from the eddy, I use the momentum to lurch for a rock on the side. The rock is solidly anchored and I have a solid grip on it, but I won't feel safe until I am totally away from this magnetic monster that's been uncontrollably dragging me downstream. I stagger up the bank. My head feels like its going to pop and I feel dazed and confused. I've never had this feeling before.

It must have been a huge overload that my mind had just dealt with. I was standing on the bank. My plan to not catch a throat full of water was a success. I had cheated death. I would be safe. I began to look up and down stream looking for anybody or anything that looked like part of our group.

No bodies, no boat, no paddles, no gear. Nothing. I craned my neck to see around the bend, hoping and praying I would see that white boat come out of nowhere. Nothing. I prayed for Mari. I prayed for Steve. I prayed for Shawn and Mike. Please Lord, let them make it like you let me.

Ten minutes was enough to wait. I wouldn't see anymore if I hadn't seen it by now. I needed to get to Sue and spare her any thoughts she might have of me not making it.

I started climbing out through solid brush. No trail of any sort. Breaking branches and stomping over thicket. The going was miserably slow but I had to get to the truck and let them know I was OK. I had to get back and see my pals, hopefully, once again.

The hike out was brutal. The physical part would have been very difficult if it weren't for wanting to be back to Sue and the rest. About one hour after dark I arrived at the road, only to have Sue, Ann and Norm pick me up.

Mari had managed to hike out before dark. She had floated down to the next bend and hit an eddy just about like I had. She was lucky enough to land at a spot that had a road leading right to the river. The rest of the boys were OK, too, about a half hour behind me, hiking out a different trail and road.

The parking lot at Skunk Hollow was filled with fire trucks, paramedics, swift water rescue teams, and 2 coroners. The bridge was covered with rescue equipment, lights on the river and ropes hanging down, preparing to catch one of us floating by. They had received a call from someone earlier, before our flip, that a couple of people were lost in the river.

I thanked all of the rescue workers for their time and energy.

How did we get ourselves in that position? Couldn't we see, especially with all of our combined experience, that we shouldn't have gone? We started with a reasonable flow. We certainly wouldn't have even inflated the boats with the water that high. So why did we continue when we knew the water had risen so high? With so much debris in the water?

I thought the water would be flattened out for most of the run. I even told Shawn before we pushed off, "If we flip I'm just swimming to the take-out."

Shawn said to me, "Do you know how far the take-out is? We're still at Satan's Cesspool."

"Yeah, but It will only take about 10 minutes to get to Salmon Falls from here at this fast flow."

I've just never seen that much water in that small of a channel. Last March I attended a high water, 50,000 CFS guide training trip on the Colorado in Grand Canyon and most all of the rapids were washed out. I guess that's what I expected to see. Fast flat water.

Mari and I talked for several hours the next morning about our ordeal, comparing notes. She told me how much

**In Russia, there's a saying: "Pray to God, but row for shore..."**

my talking to her helped her to gain strength and to stay calm. She said at one point she was waiting for that calm feeling that they say comes over you in a watery death. I don't know about her, but mine would have been a violent one, with me fighting for every breath. We talked about the hundreds of swimmers we've both pulled into boats in the past and how they sometimes say, "I saw God."

Mari said, "Well our God was a lot bigger than their God." We both laughed.

Mari has worked ski patrol at Vail, Colorado, for the past 10 seasons performing rescues and maintaining control on the mountain. After our brain purge and debriefing, as she headed out the door for her home in the city. Her parting words were, "I think I'll go back to doing something safer like chucking dynamite out over cliffs starting avalanches."

Three days later when I called Mike to retrieve the boat, the river was flowing about 8,500 CFS. With the flooding and rain over for now, we inflated boat and

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convinced Dick to help us with a shuttle. The rumor in town was the afternoon that we were on the river the water was flowing 11 feet over the top of the dam at Chili Bar and flowing at around 78,000 CFS.

Dick figures with the additional run-off downstream from the dam it could have been around 90,000 to 100,000 CFS in the Gorge about the time we were there. Holy shit! That's a bunch of water!

The town of Coloma was devastated with about 4 feet of water covering the road at the State Park during the peak flood. Sutter's Mill had actually started working for the first time in over one hundred years. The State Park was littered with trees, trapped in the fences along side of the road.

Mike and I pushed off on the river and were con-

stantly amazed at how the greenery was stripped off all the riverside foliage. Nearly every riverside campground was cleansed of picnic tables, kitchens, propane tanks and out houses. The high flow didn't seem to affect the river channel. All of the rapids seemed intact.

When we arrived at Recovery Room Rapid, the eddy that the boys ended up in, the boat was about 25 feet up the bank. There was another 15 feet above the boat where the water had been. The river had actually risen 40 feet while we were in the Gorge.

Maybe in another hundred years the canyon will see this much water again. The scary part is, I wouldn't mind trying it again if we had a little different equipment: A bigger boat. One with more low weight and a spare air rig.  
- *From a posting to the Utah Rafters email list.* ✂

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## Confirming My Superstitions — Part II

or, "Man, I never would have said that!"  
by Steve Thomas

When people get nervous or feel pressure, they handle it in different ways. At big races or big rapids, I get quiet. I know, it's hard to believe that Steve Thomas can be quiet.

I was in a van with a bunch of boaters riding up to do the Upper Nantahala. One guy whom I didn't know was talking. "One thing I'm not worried about is my roll."

"Uh," I'm thinking, "We are driving beside the river. Have you looked outside? Not a place to be talking about your roll!" I moved away — far away. In fact, if it weren't for making people talk, I'd have moved right into the lap of the guy next to me.

Of course you know what happened next. Within 150

yards of putting on, this guy was in a hole, missed a roll, and had to swim out. I grabbed his paddle and literally had my hands full, two kayak paddles and some happening rapids.

There must have been some left over bad karma on the paddle shaft, because the next thing I knew, I was doing some unintended surfing (the hole gets bigger every time I think about it). As they say in the old Tarzan movies, "Bad Ju Ju!"

Well, after a bit I flipped, and as I went over I threw one paddle downstream, hoping it was the infected paddle and not mine. I rolled up out of the hole, the reason being that I had held on to my cootie-free, no-bad-karma paddle.

Now you might think all this is just a coincidence. You really need more ironclad proof. Well, if you really need more "proof", just contact me, Steve "Lucky" Thomas. (Should I have used the word "lucky"? Man, I shouldn't have said that!)

May the force be with you.... ✂

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## Tangled Up In Blue

by Ted Gearing

The Great Blue Heron squawked in surprise at the appearance of the canoe floating — nearly silent through the tangle in the bend of the river. The man in the boat paused — let his craft slip into an eddy and watched the big bird slowly rise — turn left, then right and left again before vanishing beyond the tall sycamores — beyond the bluff that blocked the rest of the world (civilization) from the view of the paddler.

The man paddled to shore and there, in the 8:00 a.m.

April coolness, built a small fire — made coffee, lit a pipe — cast a lure into the submerged logjam tempting (he hoped) an "eatin' sized" bass. Cast again. And again. The florescence of the line looked, he thought, like a psychedelic spider web and for a moment he had a vision of himself as Spiderman — casting his web from building to building — fighting crime....

In lost concentration he cast too far — too high — and the lure sailed thirty feet — over the sycamore limb, wrapped around the limb once, twice and impaled itself in a

new leaf — one of the first of spring.

The man cursed softly and although he realized the

**"The only thing I knew how to do  
Was to keep on keepin' on —  
Like a bird that flew —  
Tangled up in blue."  
- From the album *Blood on the Tracks* by Bob Dylan**



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futility of his actions, jerked on the line. Moved upstream — jerked. And down — jerked. Then pulled the line to the breaking point. Watched it rebound to the limb, the leaf — the lure — coiling madly around all three.

The remaining line was pulled through the eyelets of the fishing rod. A new lure was attached — tossed to the river. Tossed again. Again. On the fourth cast the line became taut. A bass ("three pounds, at least") burst the surface of the water and shook its head from side to side, trying to dislodge the hook from its mouth. Then dove and nearly made the safety of the roots and fallen tree limbs below. Fought — and grew weary and was finally pulled to shore by the more powerful opponent.

In the hour or so that followed, four more bass were

"harvested." A sun perch and another bass that was judged "too small" were released. The coffee was finished — another pipe lit and the man set forth — down the river. Around the bend.

In early May a woman, her sister and six year old daughter floated the stream — stopped at the gravel bar above the bend where the tangled trees rested — carried the canoe past the log jam. Stopped for lunch, for rest and to lie beneath the sun. Looked skyward. Saw the lure and the florescent line wrapped around the sycamore limb, around the leaf. Tangled in the blue monofilament — head down in death — The Great Blue Heron.

*-From the "Ozark Paddler" — newsletter of the Ozark Mountain Paddlers.*

## CLASSIFIED ADS

**TO PLACE AN AD** - Want ads of a non-business nature are free to dues-paid GCA members. Business-related and non-member ads are \$5.00 for up to 50 words, \$10.00 for larger. Send your type-written ad to: Allen Hedden, 2923 Piedmont Dr., Marietta, Ga. 30066, or email to [gacanoes@mindspring.com](mailto:gacanoes@mindspring.com). PLEASE, NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.

**FOR SALE** - C-1, Ultramax. Light, strong Kevlar racing boat. Very good condition. \$200. Call Mark at 706

.864.5928.

**FOR SALE** - Canoe, Wenonah Odyssey, 18'6". Sliding bow and stern seats. Fiberglass with tuff-weave lay-up. Good shape. \$400. Call Larry Castillo, cell 404.406.7367 or home at 770.590.0699.

**FOR SALE** - Kayak, Perception Dancer. Very good condition. \$200. Includes spray skirt, PFD, and helmet. Call Trey at 770.993.6406.

**FOR SALE** - Kayak, Perception Stikine. Used twice. Minor scratches on bottom, otherwise perfect. \$500 OBO. Paddle and spray skirt also for sale. Call Mike or Reggie 706.683.0555.

**FOR SALE** - Kayak, Wave Sport Score. Good boat for 170 lb. + boater. Call Revel @ 404.761.8572.

**FOR SALE** - Kayak, 3 year old Dagger Dynamo, a great first boat that will hold a child up to 135 lbs. In very good shape (has normal wear and tear on bottom). Comes with skirt (maybe 2 skirts) for \$325. Located in Decatur. Make some small paddler happy for the holidays! Bill Eley 404.687.9732 or e-mail [jeley@emory.edu](mailto:jeley@emory.edu).

**HELP WANTED** - Yes, the GCA needs your help. We need members to serve on committees, label and

mail newsletters, etc. Call 770.421.9729, leave a message.

**WANTED** - Canoe, Blue Hole OCA (15' 9") or Mad River Explorer (16') Royalex, in good to great condition. Please call Alan Mallory at 770.534.5857.

**Ben Franklin said: "Wise men don't need advice. Fools won't take it."**



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# 2004 GCA INSTRUCTION SCHEDULE & CLINIC INFORMATION

Clinics will be taught by ACA-certified instructors and qualified assistants. In order to provide individual attention, the maximum student-to-instructor ratio is 4:1. Space is limited.

## COURSE DESCRIPTIONS

### BEGINNING RECREATIONAL KAYAK:

This is primarily for the 'other' kayak category; ones that are neither shorter white water kayaks with skirts nor longer sea kayaks with rudders or skegs. This includes flat water touring kayaks (wider kayaks with skirts such as Keowee, Swifty and Acadia models) and white water sit on tops (such as Torrents) & inflatable rubber kayaks. Some don't know they have boats in this category until they call for white water or sea kayak classes. The course will follow the format of the American Canoe Association 'basic river kayak' course. See <http://www.acanet.org/sei-river-kayak.htm>

### SEA KAYAK

These courses are for longer narrow kayaks with rudders or skegs. The beginner class is two days of basic strokes, maneuvers, and rescue skills. One day is on quiet water, the second is in mild surf. The level of instruction will be geared to the skill level of the participants. For more information see <http://webpages.charter.net/cramersec/skflyer.html> and <http://www.acanet.org/sei-coastal-kayak.htm>

### BEGINNING FLAT/MOVING WATER CANOE:

For people who have never had a boat on moving water or want to improve their skills in a basic course. This is also for canoes that are not suitable for white water or those who want a more mellow class. Full day Saturday flat water session emphasizing strokes, safety, self-rescues. Full day Sunday session on moving water river. For more information see the ACA 'basic river canoe' outline at <http://www.acanet.org/sei-river-canoes.htm>

### BEGINNING YOUTH WHITE WATER:

For younger paddlers 8 to 14 years old who are either just starting out in white water or have paddled before but are still at the novice level. This is a one-day class with a morning lake session followed by an afternoon river session at a difficulty level well within the experience and capabilities of the participants.

### BEGINNING WHITE WATER KAYAK & CANOE:

For people who have minimal experience on moving water and/or have not had recent instruction. Three-hour evening classroom session with videos and lectures covering equipment, safety, river features and paddling techniques for tandem and solo boaters. Full day Saturday flat water session emphasizing strokes, safety, self-rescues. Full day Sunday session on moving water river. You must attend both the dry and flat water sessions to participate in the white water river portion of the course.

### TRAINED BEGINNER WHITE WATER KAYAK & CANOE:

Participants should have had fairly recent beginner level instruction and at least 5 days of white water experience after the instruction. Participants should be able to do basic maneuvers on class II rivers (eddy turns, peel outs & ferries). Polish-up beginner skills, plus bracing and rolling (kayaks).

### INTERMEDIATE WHITE WATER KAYAK & CANOE:

Intermediate clinic participants should be comfortable paddling class II-III white water such as the Nantahala, wish to master

the roll in rapids (kayaks), and learn how to play confidently in Nantahala-type waves and holes. Intermediate kayakers should have a 100% flat water roll and a 50% reliable combat roll in class II rapids. Saturday morning lake session working on strokes and rolls (kayaks) and an afternoon session on a class II-III river working on turns, surfing, eddy hopping, etc. Full day Sunday trip on a class II-III river.

## ENROLLMENT GUIDELINES

### GCA MEMBERSHIP:

All participants must be current GCA members. To join the GCA, call the GCA at 770.421.9729 or go to the GCA web page [www.georgiacanoe.org](http://www.georgiacanoe.org) for a membership application. Dues are \$25 per year.

### REGISTRATION:

Call the coordinator of the clinic you want to take for more information, including questions on your skill level and/or course objectives. You will NOT be registered, however, until the coordinator receives a check for \$50.00 per person payable to GCA. Please don't wait to register. All classes are subject to being closed due to student limits or being rescheduled or canceled if there are insufficient students registered. Registration closes ten days before each class due to insurance and planning considerations.

### CANCELLATIONS AND REFUNDS:

If you wish to cancel or switch to another date, please notify the Clinic Coordinator as soon as possible. If you cancel at least 10 days before the first class session your fees will be refunded. After that, refunds will be made only if a replacement is found. Clinics will be conducted rain or shine. No-shows and those not completing the full course are ineligible for refunds.

### AGE:

If you are under 18, all liability releases must be signed by a parent or guardian, who must also provide suitable power-of-attorney for medical care. Except for youth clinics, pre-teens will not be enrolled unless they have had suitable paddling experience in the Training Director's judgment.

### SWIMMING ABILITY:

You must be able to swim and should not panic with your head under water. Beginning kayak clinic participants will spend a lot of time upside down inside their kayaks on the lake. All students will practice swimming & self-rescue skills in rapids.

### PHYSICAL CONDITION:

White water paddling is a physically and mentally challenging activity that requires fitness, flexibility, and a positive attitude in stressful situations. Kayaking is a high-risk activity for individuals with a history of shoulder dislocations. Applicants should discuss potential physical limitations with the Coordinator before signing up.

### EQUIPMENT:

You must furnish all of your own equipment. You will receive a detailed list of required and recommended equipment well in advance of the clinic.

# GCA INSTRUCTION 2004

## Canoe

### White Water Canoe

- + Beginner  
June 1 (evening), June 5,6  
other tbd  
**Coordinator: Steve Cramer (706.208.8382)**
- + Trained Beginner  
Spring tbd  
Late Summer tbd  
**Coordinator: Pat Hagan (770.393.1420)**
- + Intermediate  
May tbd  
**Coordinator: Marvine Cole (770.475.3022)**  
September tbd  
**Coordinators: Gina & Haynes Johnson (770.971.1542)**

### Flat/Moving Water Canoe

- + Beginner  
June 19, 20  
other tbd  
**Coordinator: Jim Albert (770.414.1521)**

## Sea Kayak

- Coordinator: Steve Cramer (706.208.8382)**
- + Introduction - Charleston, SC  
May 29, 30 & optional trip 31  
September 25, 26
- + Advanced Skills and Maneuvers Clinic  
July 10 (local location tbd)
- + Safety & Rescue Clinic - (local location tbd)  
June 20 (Conservation organization fundraiser)

## White Water Kayak

- + Beginner  
June 15 (evening), 19,20  
August 3 (evening), 7,8  
**Coordinator: Knox Worde (770.475.3022)**
- + Trained Beginner  
June 12, 13  
July 31 - August 1  
**Coordinator: Knox Worde (770.475.3022)**
- + Intermediate  
May 15, 16  
**Coordinator: Knox Worde (770.475.3022)**
- + Beginning Youth White Water  
May/June TBD (class fee \$25)  
**Facilitator: Allen Siquefield (770.642.1898)**

## Recreational Kayak

- + Beginner Recreational Kayak (class fee \$25)  
June 12  
July 10  
August 14  
**Coordinator: Knox Worde (770.475.3022)**

## Safety

- Coordinator: Brannen Proctor (770.664.7384)**
- + Basic White Water Safety  
July TBD (1 day - \$25)

**Registration:** To register for one of these clinics you must be a member of the Georgia Canoeing Association. For an application to join the GCA go to the GCA Web Site at <http://www.georgiacanoe.org/membership.htm> or call 404.421.9729. Dues are \$25. Classes are \$50 per person unless otherwise stated. To register for a clinic, call the coordinator of the clinic for more information, including questions on your skill level and/or course objectives. You will NOT be registered until the coordinator receives this completed form and a check for appropriate fees. Please don't wait to register. All classes are subject to being closed due to student limits or being rescheduled or canceled if there are insufficient students registered. Registration closes ten days before each class due to insurance and planning considerations.

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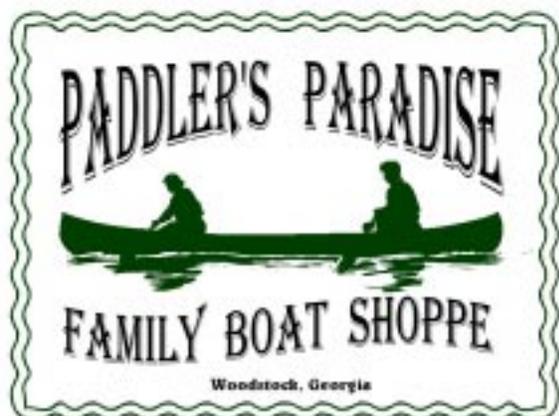
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